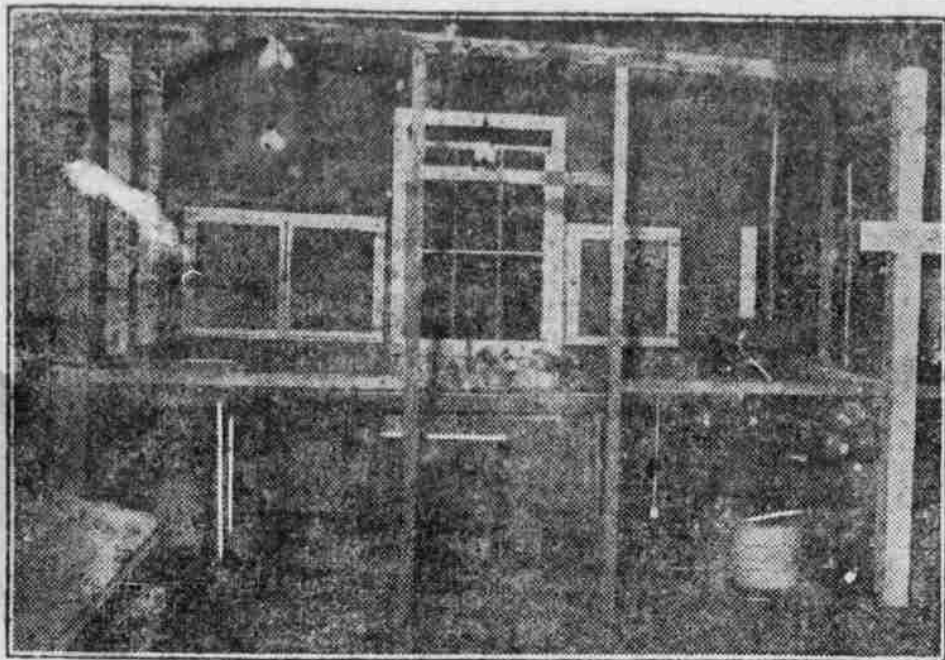


JUST A PLAIN FARM KITCHEN



At the Memphis Tri-State Fair this model farm kitchen was shown by the Division of Extension, University of Tennessee, Knoxville.

The kitchen is 10x12 feet. The windows to the west and south give cross ventilation and sunshine at a time in the day when it will not annoy. The work table top is 32 inches from the floor, 6 feet long and 2 feet wide, covered with white oilcloth. Windows are screened on the outside so that they may be raised or even removed in summer. To the right of the window is a closet 28 inches wide and 36 inches high. The top is slanted so it can not be used as a catch-all. Inside are shelves 9 and 7 inches, the distance between them being enough to allow a quart jar to be placed with ease. To the left of the window is a closet twice this size. Just under the window sill is tacked white table oilcloth and utensils used most often are hung on cup hooks over the table.

On the south side is a window. A barrel filled with water is just outside. A pipe is placed in the bottom of the barrel, brought thru the wall to a sink, the bottom of which is the same distance from the floor as the top of the

work table. The door on the east side opens into the dining-room. This arrangement is such that food brought from the utensils can be placed on the work table, then put away or partially prepared for the meal. It may be finished at the sink, placed on the small table, which is on casters, rolled to the stove, cooked, placed on a wheel-tray, which can be made at home, and rolled into the dining-room to be served. After the dining-room table is cleared, the wheel-tray can be filled with soiled dishes and rolled to the sink, where they are washed from right to left.

A fireless cooker is very useful for cooking meats, cereals and dried fruits and vegetables.

A covered garbage can should always be handy. This should be cleaned and sunned very often and lined with paper. There should be no waste slop or tin cans mixed with the garbage.

A dust pan with a long handle saves stooping to sweep up crumbs. Oilcloth or linoleum on the floor saves scrubbing.

A stool to sit on while working is an added convenience.

ration in Tennessee, mixed mill feed should not sell in ton lots or over from the mills to the consumer at over \$88 per ton. If sold in less than ton lots a dollar may be added. If delivered another dollar may be charged. Where bran is sold the mill must charge \$1.85 per ton less than for mixed feed. If they sell shorts, middlings or red dog they may charge 75 cents per ton more than for mixed feeds. This means that practically all over the state the consumer should buy from the mills bran at not to exceed \$1.55 per hundred. Shorts in like manner at about \$1.70 per hundred and mixed feed at around \$1.65 per hundred pounds. It is announced that these prices must be observed. All patriotic citizens, officials and food administrators are urged to report excessive charges for all mill feeds, so that the food administration can discipline the parties who are guilty of overcharges.

Many Are Fined.

Hotels and eating places in Knoxville have been fined sums aggregating \$210 by Fayette F. Vandeventer, city food administrator, for violating the rules of the federal food administration. The checks have all been mailed to the Red Cross canteen at Knoxville. The Union Grocery company of Nashville, has been fined \$25 for the benefit of the Red Cross at Nashville for having sold over two pounds of sugar to city customers. The Burbage Produce company, of Johnson City, cited before James H. Epps, Jr., food administrator of Washington county, was fined \$25 because its store at Jonesboro failed to candle eggs as required by the regulations. This fine was also paid over to the Red Cross. Since the beginning of the federal food administration in Tennessee thousands of dollars have been collected in fines and paid over to the Red Cross.

License Revoked.

The license of the Farmers' Hay & Grain company at Harriman, Tenn., has been revoked by the food administration for failure to observe the regulations and the company forbidden to transact any further business under all of the penalties of the food control act.

Cleveland Meeting.

Combining the work of the food administration and the celebration of France's Liberty, Sunday, July 14, was observed by the patriotic people of Bradley county with a big patriotic mass meeting at the courthouse. The speaker of the occasion was J. I. Finney, of the federal food administration. On the day previous Mr. Finney and Prof. R. K. Morgan, of Fayetteville, and Miss Virginia Pearl Moore, all addressed a big food administration rally at Wonder Cave, Grundy county.

JUNIOR RED CROSS TAKES OVER ARMY OF RELIEF

Harvey D. Gibson, General Manager of the American Red Cross, announced this week that the Junior Red Cross organization has endorsed and taken over the Children of America Army of Relief, and that henceforward the work of this latter organization will be carried on by the Junior Red Cross. The transfer of funds took place on March 2nd, \$40,000 being given over to the Junior Red Cross to be devoted to child welfare work abroad, and the Army of Relief will cease to solicit funds. All Army of Relief members are now eligible for membership in Junior Red Cross auxiliaries, and Chapter School committees are authorized to incorporate them in schools that are not already enrolled as Junior units or to incorporate all Army of Relief members in their territory as a single Junior Auxiliary.



THE boys and girls of America are doing much to keep the rest of the world from starving. Millions of boys and girls overseas owe their lives to the sacrifices of the boys and girls over here. The boys are exerting every effort to increase the supply of food while the girls are striving to master food saving principles. Their work is featured at the Tennessee State Fair, Nashville, September 18 to 21.



Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

Dr. J. C. Fletcher

and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Dr. J. C. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

WHEATLESS MEALS PREVAIL IN STATE

Hundreds of Families Throughout Tennessee Pledge Absolute Abstinence From Wheat Products Until the New Harvest is Available.

Nashville.—Most gratifying have been the responses from the people of all sections of Tennessee to the appeal made by Dr. H. A. Morgan, federal food administrator, for tenders of flour to the government for shipment abroad for its soldiers and sailors and our heroic allies. From all portions came the response that if the government needed and wanted the flour the people were willing to part with it and be placed on a wheatless ration until the next harvest.

This movement was purely voluntary. No order was issued by the food administration commandeering flour or ordering its sale stopped. The response came from a conscious sense of duty to the republic. In Memphis the merchants tendered practically a solid car load of flour to the government. At McMinnville every merchant signed a written agreement to discontinue the sale of flour until the next harvest. In Sparta practically the same agreement was made. At Centerville, Dickson, Waverly, Lebanon, Gallatin, Trenton, Brownsville, Fayetteville and a half dozen other places the merchants announced that they would order no more flour and tender what stocks they had on hand to the government.

Hundreds and hundreds of families are daily joining the ranks of the "wheatless ration" in Tennessee. The flour situation in the nation is acute, and only through action of this kind can sufficient flour be obtained to meet the needs of our soldiers and sailors and allies until the harvest. At a meeting of the hotel men of the state at Chattanooga recently a resolution was adopted pledging full support to the food administration and already many of the leading hotels not only in the cities, but in the smaller towns, have banished wheat products absolutely from their menus. A similar course has been pursued by the dining cars of the railroads and many of the best restaurants of the state. A wheatless ration is now a badge of honor in the nation's service.

War Organization.

Wilson has recently joined the ranks of the counties that is coordinating all of its war activities. Following a meeting of the district war workers of that county at Lebanon, which was addressed by J. I. Finney, of the food administration, plans were immediately worked out for the coordination of the various war activities, council of defense, food and fuel administrations, Red Cross, Y. M. C.

a., etc., the renting of a central office and the employment of a secretary to remain in charge all of the time.

Women At the Front.

At a number of women's patriotic meetings held in the state recently resolutions have been adopting pledging support to the wheatless ration recommended by the food administration. The women of Hamilton county held a most enthusiastic conference at which plans that will materially broaden and increase the part women are playing in war work were adopted.

Maj. Smith in New England.

The standing of Tennessee's war organization is attested by the fact that Major Rutledge Smith, chairman of the council of defense of this state, was recently called to New England to hold a series of war conferences in the states of that division. Maj. Smith has also been appointed director of the council of national defense of the southern states.

Increased Crops.

Despite the acute shortage of farm labor the most gratifying reports come from all parts of Tennessee of promised increased acreage of food products. Under the direction of the division of extension of the University of Tennessee and the department of agriculture, with the cooperation of the food administration and council of defense, food drive meetings have been held in many counties which were well attended, keen interest manifested and many pledges of increased acreage reported.

Food Administration Moves.

In order to get into closer touch with the milling division and the United States grain corporation, the offices of the United States food administration in Tennessee have been moved from the senate chamber at the capitol to the fourth floor of the Independent Life building. The work of the food administration at this time is necessarily directly largely toward relieving the acute flour shortage for the army and our allies and in order to increase its efficiency in this work it was deemed advisable to bring about a closer coordination with the grain corporation and milling division. The senate chamber has become badly overcrowded and additional quarters for the food administration, whose staff is being increased almost every week, to take care of the problems always crowding for solution, were imperative. However, Dr. Morgan will continue to have a desk at the capitol, where he can continue to have semi-weekly conferences with Maj. Smith of the council of defense and the other war workers.

Children Cry
FOR FLETCHER'S
CASTORIA

Children Cry
FOR FLETCHER'S
CASTORIA

Health About Gone

"Many thousands of women suffering from womanly trouble, have been benefited by the use of Cardui, the woman's tonic, according to letters we receive, similar to this one from Mrs. Z. V. Spell, of Hayne, N. C. "I could not stand on my feet, and just suffered terribly," she says. "As my suffering was so great, and he had tried other remedies, Dr. — had us get Cardui. . . I began improving, and it cured me. I know, and my doctor knows, what Cardui did for me, for my nerves and health were about gone."

TAKE

CARDUI

The Woman's Tonic

She writes further: "I am in splendid health . . . can do my work. I feel I owe it to Cardui, for I was in dreadful condition." If you are nervous, run-down and weak, or suffer from headache, backache, etc., every month, try Cardui. Thousands of women praise this medicine for the good it has done them, and many physicians who have used Cardui successfully with their women patients, for years, endorse this medicine. Think what it means to be in splendid health, like Mrs. Spell. Give Cardui a trial.

All Druggists

J 72

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ORDER SUGAR BOWL OFF DINING TABLES

HOTELS, RESTAURANTS, CAFES OR PLACES WHERE MEALS ARE SERVED FOR PAY CAN NOT HAVE SUGAR BOWL ACCESSIBLE

Patrons' Service For Drinks Is Limited To One and One-Half Teaspoonfuls of Sugar, Or Two Loaves of Lump Sugar.

Nashville, Tenn.—Sugar bowls have been banished from the tables of all public eating places under an edict issued by Dr. H. A. Morgan, federal food administrator for Tennessee. No hotel, restaurant, boarding house, cafe or place where meals are regularly served for pay, can longer have the sugar bowl where it is accessible to the patrons. Every patron is limited to a service for his drink of one and one-half teaspoons of sugar or where lump sugar is used to two loaves. For fruit or berries not more than one and one-half teaspoons may be served to any customer. This order grows out of the desperate sugar shortage. It has been in effect in Nashville, Knoxville and other places for some time and has resulted in an immense saving of sugar.

At the annual meeting of the Tennessee Hotel association in Nashville, this sugar ration was approved and the co-operation of all loyal hotel men was pledged Dr. Morgan in its enforcement. J. I. Finney, of the food administration, addressed the hotel men and thanked them for the splendid co-operation that they have given the food administration. Every official, federal, state and local, has been summoned to aid in the enforcement of the sugar rationing plan.

Hardware and Implement Men.

Dr. Morgan, federal food administrator, will be one of the principal speakers at the annual convention of the Tennessee Hardware and Implement Dealers at the Hotel Hermitage, Nashville, on August 7, and will urge that the implement dealers co-operate with the food administration in furnishing the farmers with all possible labor-saving machinery. Another federal food administrator, in the person of Hon. Hamp Williams, of Arkansas, will also speak at this meeting. It is expected that as the result of the meeting the implement dealers of Tennessee will be organized as an auxiliary of the food administration.

Mill Feed Prices.

Under the schedule of prices announced by the federal food adminis-